

# Hormonal Forecaster

*Your Guide to Fertility and Personal Statistics*

Welcome

Features

Screen Caps

Download

Msg Boards

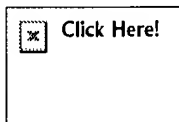
More Skins

More Icons

For Men Too?

Resources

Help



*Feeling a Little Lost? Whether you can't find something on this website, are having problems with the program, or just need help, you've come to the right place. Below you'll find information on various topics that should be able to assist you!*

## Trouble Downloading and/or Installing?

If you downloaded the program and tried to run the installation, some people may get an error message because they are missing the Visual Basic Run Time Files. These files are included in the 3.2 meg download on the download page while they are not included in the smaller download. You can either find the VB Runtime files (try [softseek.com](http://softseek.com) or [download.com](http://download.com)) or you can redownload the program **with** all necessary files (recommended). To download this, [click here](#) or go to the download page and select a file **with** all the necessary files.

If your system files need replaced (because they are out of date) the installation may ask you to restart your computer. Allow it to restart the computer and then you will have to manually run the download file again (answer **Yes** to all requests to overwrite files). The installation should be smooth sailing from there.

**If you are asked to reboot your computer more than once**, then you need to download the version of the program that does NOT include the VB Runtime files because of an operating system issue. These are the lower half of download links above. You can download one of those files [here](#).

## I'm having difficulties with this website!

Most of the pages on this website are accompanied by instructions. Hopefully you'll find these instructions useful. I tried to make them as simple and straight forward as possible. If they don't work, you can email me with your questions and perhaps I can help you. Please try the online instructions first however and utilize my personal assistance as a last resort.

If there's something you came to this website for, and can't find it - check the list below. If what you're looking for is on the list, click on

it to be taken to that page of the website.

- [Download the Hormonal Forecaster](#)
- [Download Additional Program Skins \(Backgrounds\)](#)
- [Download Additional Program Icons](#)
- [Info on Chronobiology](#) (*There Really is a Wrong Way to Eat a Reeses*)
- [Screen Captures](#)

## Help with Use of the Hormonal Forecaster

In all versions of the Hormonal Forecaster that are post-Beta (version 1.0 and up) a help file has been included to assist program users. If you've just began using the program and don't understand how everything works, select 'StartUp Wizard' from the 'File' menu and allow that to walk you through setting up a file and getting acquainted with the Hormonal Forecaster. Additionally, an example file is included with the program so you can get an idea of what the Hormonal Forecaster can do. Since many of the program features are not enabled until you enter data, the example file may be helpful in allowing you to sample the program before you begin recording information.

For more technical questions and problems, you may want to consult the help file. To open the help file, simply press F1 or go to the 'Help' menu. If you have a problem that is not covered in the help file or involves the program giving an error and then exiting, please email me (see the last section of this page). I will need information on exactly what you're trying to do when the error appears as well as potentially require the HFC file you were using via email. Further details can be discussed via email.

[View Abridged, Online \(HTML\) Version of Help File](#)

## Additional Program Support, Feedback, and Contact Info

If you have a problem that you can't figure out and have tried the other resources available to you (the help file and website instructions), you can email me with your question. Please explain your problem in detail so I can try to identify your problem and offer a solution. I will respond to your email as soon as I can.

Send email to me personally (the program's sole developer) at....

[bpfrack@brianfrackelton.com](mailto:bpfrack@brianfrackelton.com)

In addition to hearing about your problems, I am also interested in

receiving feedback. Email me to let me know what you think about the program whether it be compliments, suggestions, or complaints. Let me know about the successes and failures of the forecaster. I'm very interested in hearing from you about how it's worked out and what you think!

Alternatively, I can be contacted at [TBW1999@aol.com](mailto:TBW1999@aol.com).

Designed and Maintained by [Brian Frackelton](#).  
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